

# Teens Toughen Up

## MWR provides physical fitness program for teens

Story and photos by JO3 Brenda M. Diggs  
Staff Writer

PHYSICAL fitness is becoming more than just a fad in today's society - that's why the Pearl Harbor Morale, Welfare and Recreation Center implemented a "Tough Teen" Program. This two-week program is for military dependents ages 10 -17 and is filled with physical fitness education and activities.

"A lot of kids these days have a 'MTV attitude," said Wayne "Fish" Fisher, instructor for the program. "They have self-imposed limitations, but they are not weak, they just need a little encouragement."

At the beginning of the program Fish talked to the youth in a classroom-like environment about physical fitness and basic anatomy and physiology. This allowed the teens to get a better understanding of the body and how fitness can benefit a person, according to Fish.

"I wanted them to get interested in fitness before we hit the field," said Fish. "A lot of the kids played sports at their schools, but they had no idea that the proper training would help them become better athletes."

The physical part of the training is based on Fish's Basic Training. That program is geared for service-members and their families, the class is held at 5:30 a.m. and again at 11:30 a.m. Monday-Friday at

Bloch Arena. His classes are based on the physical training he received in dive school and his work as a support member for Seal Delivery Vehicle Team One, Pearl Harbor.

"It is a hard class because Fish pushed us," said Jordan Jarrell, age 13. "He made it hard on us, but my strength, running and everything improved during these two weeks. It was a cool class."

The group of more than 30 youth performed a physical readiness test, similar to the Navy standards, at the beginning of the program and did not do so well according to Fish. However, just after two weeks Fish felt the entire group had improved.

"The first couple of days more than half the class was sitting down after only 15 minutes," said Fish. "By the end of the two weeks, everyone participated in at least 45 minutes of working out."

Whitney Huff, age 12, was one of the teens who improved the most in the two-week time span, according to Fish.

"Whitney was so afraid that her asthma would act up if she ran or overexerted herself, she didn't try. After I gave the group a speech about the mental aspect of working out and how they need to push themselves when things are hard, their attitudes began to change," said Fish.

"I like the class because I got a good workout and improved my strength in just two weeks," said

Huff. "I definitely improved in push-ups and sit-ups since the class first started and I had a lot of fun. I also made new friends."

Fish had help from some camp counselors who also felt the class was a challenge. Ben Bowers, age 22, is a student at University of Northern Iowa and has worked with the teens for more than a month as a counselor through a program called Camp Adventure.

"I have not had a workout like that in at least five years since I played football for my high school," said Bowers. "But working out with the kids and seeing how well they developed was the greatest reward."

Bowers felt the kids' attitudes changed a lot within the two-weeks they worked with Fish.

"Fish made them believe they can do it and they realize now they can do a lot more physically than they thought they could," said Bowers.

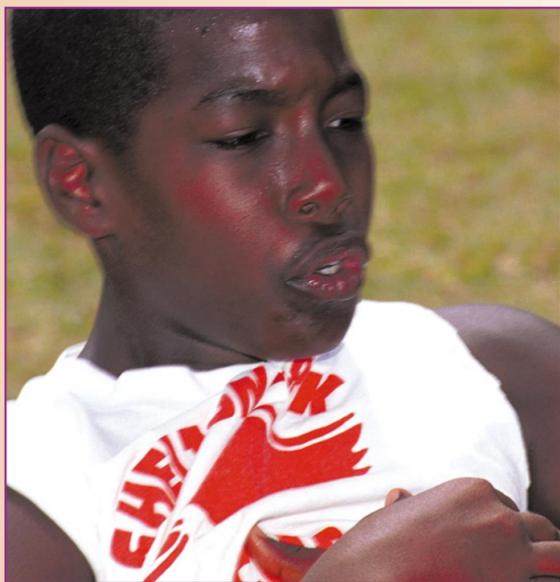
The group performed the same physical readiness test at the end of the two weeks and they all improved in at least one area or another, according to Fish.

"They [the kids] have progressed so much from the beginning of the program. It has been a positive program and I'm glad it has done as well as it has," concluded Fish.

The next Tough Teen program will run Aug. 6-17, 9 - 11 a.m., Monday through Friday. For registration and more information, call 474-3501.



Whitney Huff, age 12, does a set of chinups during the Tough Teens fitness program. MWR developed the two-week program to encourage physical fitness among teenagers.



(Above) Jordan Jarrell, age 13, performs situps during a mock physical readiness test held at the Tough Teen program.



(Right) A group of teenagers lunge up and down Ward Field as Wayne "Fish" Fisher times them.



Wayne "Fish" Fisher, instructor for the Tough Teens program, leads the group in four-count pushups. The program consists of physical fitness education and activities. The physical training that Fish provided to the teenagers is based on the popular basic training class held daily at Ward Field at 5:30 a.m. and 11:30 a.m.